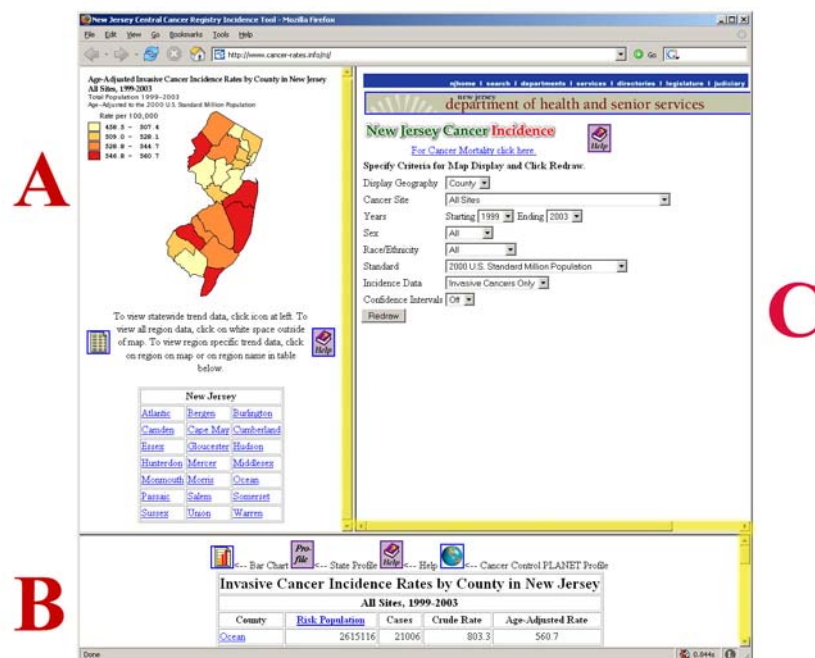


User Tutorial on Changing Frame Size, Window Size, and Screen Resolution

Introduction

Cancer-Rates.Info/NJ, like many other Web sites, uses *frames* to make information easier to access or to simultaneously show the contents of multiple pages on a single page. Web *frames* are often used to create a table of contents which remains on the screen while users go to different pages on the Web site. When a single Web page is divided up into sections that can each display separate Web pages, each section is called a *frame*. The *window* that hosts the group of *frames* is called a *frames page*. Our cancer rates mapping Web site has three *frames* within its *frames page* (**Figure 1**).

Scroll bars are located on the right-hand side of *frames A* and *B*, as well as along the bottom of *frame C* (**Figure 1**). A *scroll bar* consists of a shaded shaft with an arrow button at each end and a *scroll box* between the arrow buttons. *Scroll bars* allow one to move or *scroll* vertically or horizontally in *frames* or *windows* to view data objects, such as documents or images, which extend beyond the borders of the *frame*. To use any of the *scroll bars*, move your mouse pointer to the *scroll box*, hold the **left** button of the mouse down, and slide (or drag) the mouse in the direction that you wish to go. You can also click on the directional arrows at the ends of a *scroll bar* or use your keyboard's **up** and **down arrow** keys to move the contents of the *frame* in that particular direction.



A – Table of Contents / Map Results Frame

B – Data Table / Graph Frame

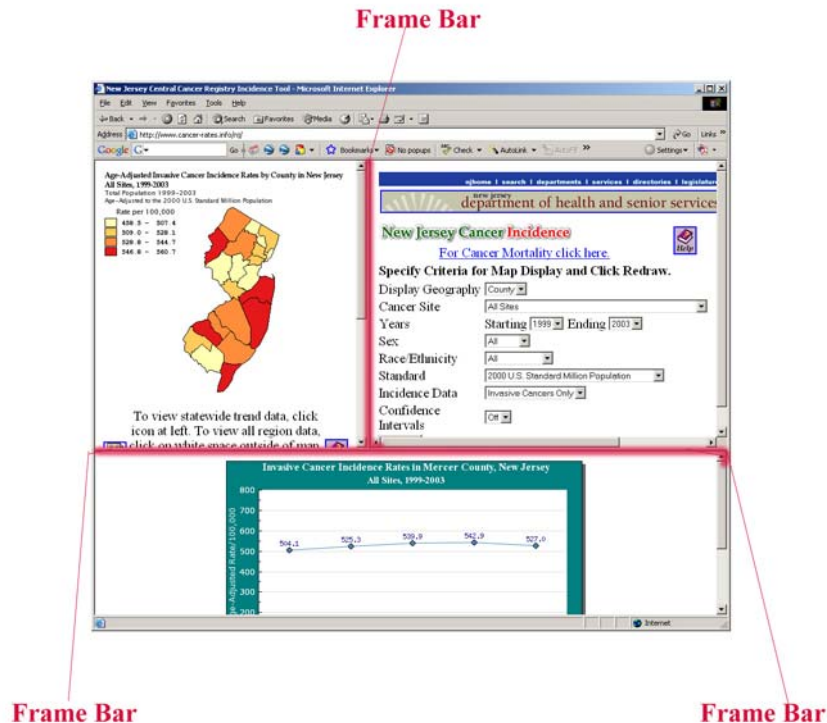
C – Data Query Frame

Yellow Highlights – Scroll Bars

Figure 1 – Cancer-Rates.Info/NJ Frames Page

Changing Frame Size

You should easily be able to adjust the *frames* for your monitor's size and resolution. To do this, move your mouse pointer to the **frame bar**, the gray dividers between *frames* (**Figure 2**). When it is right on the *frame bar* the pointer turns into a double-pointed arrow. When this happens, you can hold down the left button on your mouse and move the mouse to drag the *frame bar* to where you want it. Sometimes, however, Internet Explorer or Windows Help will not let you adjust the *frame* sizes. If you're using Internet Explorer you can press the F11 key to minimize the IE menu bar, which often allows you to resize your *frames*. Sometimes Windows needs to be restarted in order for the *frames* to work correctly.



Red Highlights – Frame Bar

Figure 2 – Cancer-Rates.Info/NJ Frame Bars

Changing Window Size

If modifying the *frame* size does not also sufficiently modify the *window* size for comfortable viewing, you may need to make adjustments to your browser's *window* to make the contents easier to read. This is especially important if you have to constantly scroll.

If you are using a PC with Windows, please see the following instructions for “Windows”. Or, if you are a Macintosh (Apple) user, please see the following instructions for “Macintosh (Apple)”.

Windows

When you start up your browser, you will see a set of three boxes in the upper right corner of the browser *window* that resembles the enlarged image below (**Figure 3**):



Figure 3

If you click the middle box once with the left mouse button, your browser expands to fill the entire desktop space on your monitor's screen.

The image in the middle box will then change to look like this, when you have “maximized” the browser *window* (**Figure 4**):



Figure 4

Clicking this middle box will return the browser *window* to the smaller mode. In this mode, you can adjust the width and height of your browser *window*. To do this, move your mouse to the very outer edges or to the bottom right corner of the browser *window* (gray border area), until the arrow changes into a double arrow. Once the double arrow appears, click and hold the left button of your mouse, while dragging the *window* to the desired height and/or width. Once the *window* reaches the size that you prefer, release the mouse button.

Macintosh (Apple)

On a Macintosh (Apple) computer, move your mouse until the arrow is on the lower right corner of your browser. Click and hold the mouse button and adjust your browser's width or height. When you have the desired size, release the mouse button.

Clicking the outer edges of the browser *window* will just move the browser *window* around and will not change its size.

Changing Your Monitor's (Screen) Resolution

Difficulties with viewing content may also be the result of the way your monitor's screen resolution is set. Certain settings can cause displayed text or images to appear too large or too small to be viewed easily. If this is the case, changing the screen resolution will allow you to see more without having to do excessive scrolling or squinting. However, it is important that you try to adjust the *frame* and/or *window* sizes first, before attempting to change the screen resolution. *Frame* and *window* adjustments to your browser's *window* will not affect the way that other applications that are running on your computer are displayed, unlike changing the screen resolution.

If you are using a PC with Windows, please see the following instructions for changing the screen resolution in “Windows”. Or, if you are a Macintosh (Apple) user, please see the following instructions for doing so on a “Macintosh (Apple)”.

Windows

- 1) Click the **START** button in the lower left corner and select **SETTINGS** and then **CONTROL PANEL**. Or, click once in the middle of the Desktop Area with the *right* mouse button and select **PROPERTIES** from the pop-up menu (**Figure 5**).

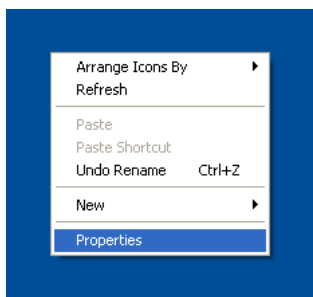


Figure 5 (e.g., *Windows XP*)

- 2) In the next window, double-click the **DISPLAY** icon.
- 3) In the following window, select the **SETTINGS** tab at the top (**Figure 6**).
- 4) Move the slider in the Desktop Area to the right until you see “**1024 by 768 pixels**”, which is the recommended setting to view this site. You could try different settings to find one that best suits you, especially any higher resolution settings that may be available.



Figure 6 (e.g., *Windows XP*)

5) After selecting a setting, click **APPLY**.

NOTE: If your resolution is set below **1024 by 768 pixels**, our site will immediately provide a **popup box** (if you have **not disabled popups** in your browser) with a warning telling you that **your resolution is 800 by 600 pixels (or less)** and as a result, you may not see all available information without taking corrective action.

Macintosh (Apple)

- 1) Click the **Apple icon** in the upper left corner and select **CONTROL PANELS** and then **MONITORS** for **OS 8** and **OS 9** (**Figure 7**). For **OS X** users, click the **Apple icon** in the upper left corner and select **SYSTEM PREFERENCES** and then **DISPLAYS** (**Figure 8**).



Figure 7 (OS 8 and OS9)

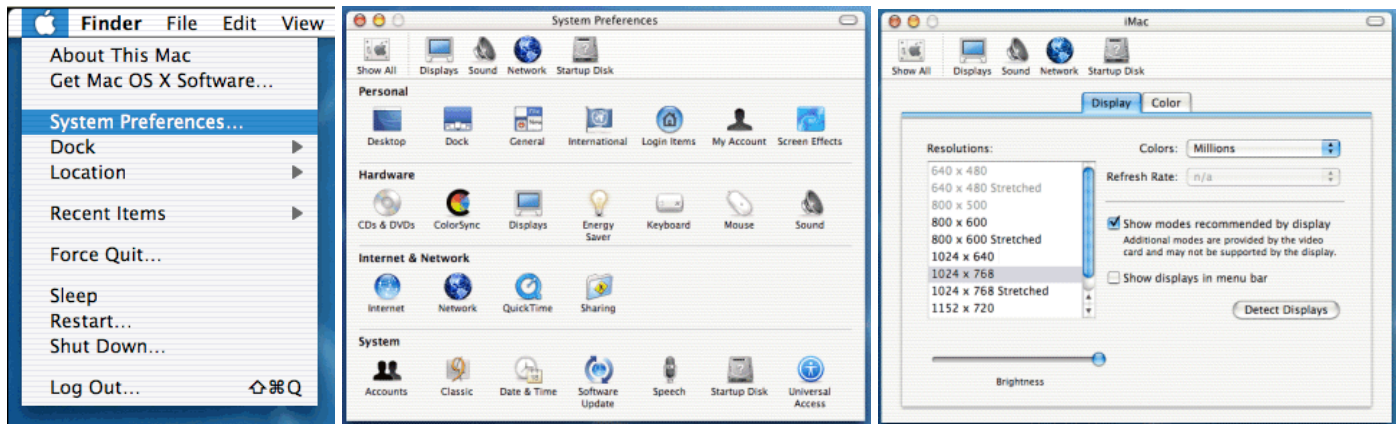


Figure 8 (OS X)

- 2) In the **RESOLUTION(S)** section of the *window* that pops up, select a higher resolution; **1024 by 768 pixels** is the preferred setting for viewing this site (**Figure 7** or **Figure 8**). As soon as you select a different screen resolution, your monitor will change to this new resolution.

NOTE: Please read the resolution note in the previous section for Windows users.

Network-Related Problems Which Can Affect Viewability of Site Content

Although most problems with viewing Web content can usually be resolved by changing *frame* and *window* sizes or readjusting your monitor's screen resolution, it is important to note that some problems are primarily the result of slow network connection speeds. **The two main periods during the day when the greatest levels of use occurs on most types of networks are generally from about 10:00 AM to 3:00 PM and 6:00 PM to 11:00 PM. Other times during the day can be equally busy and cause Web pages to load very slowly.** The speed at which a Web page loads also depends on the speed of the type of connection that you use to access the Internet. Dial-up, telephone connections are much slower than "broadband" connections, such as DSL or Cable Modem. Some corporate networks have even faster connections than DSL or Cable Modems can provide.

If our Web site loads slowly or seems to freeze completely in your Web browser while other Web sites load at normal speeds, our site may be experiencing a high volume of users. Please wait a few minutes and then try the site again. If the site is still slow or not loading after several attempts, waiting for the number of users to drop during a less busy period should allow you to successfully view the site. However, the source of this type of problem may not be entirely limited to your computer's network connection. The amount of installed memory and the number of currently open programs on your computer can both effect how quickly Web pages load. Closing one or more programs will free up memory for quicker loading of Web content. Please be aware that this is a list of some of the most common hardware and software issues that can impact your Web viewing experience. This should by no means be considered to be a comprehensive list.

Web-Based References / Sources:

❖ **Microsoft (*Office Online Assistance*):**

[Resize a Web frame in a frames page](#) and [About Web frames](#).

❖ **Cornell University:**

[Adjusting Monitor Resolution and Browser Screen Size](#).

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